

# Taking Charge Of Your Fertility II: Factors Impacting Men

Hey guys- I have some news for you too! While having a child may not be on your mind now, chances are high it will be someday and how you care for your health in the present plays a vital role in the health and well being of your future child. Women may be tasked with carrying the developing baby but the quality and quantity of male sperm has much to do with whether a viable life is created.

Quality and quantity of sperm isn't really something young adolescent males are taught to protect. Unfortunately, it usually isn't taken under any consideration until a partner is unable to conceive. And yes, the chance of infertility is similar between men and women. Statistically in male/female couples unable to conceive, 40% of the time the cause is the male partner.

Today the World Health Organization states that one in four male/ female couples from developing countries is unable to conceive. That is a pretty staggering number given that fertility is a natural response in the human body.

It is a mission of mine to spread this message:

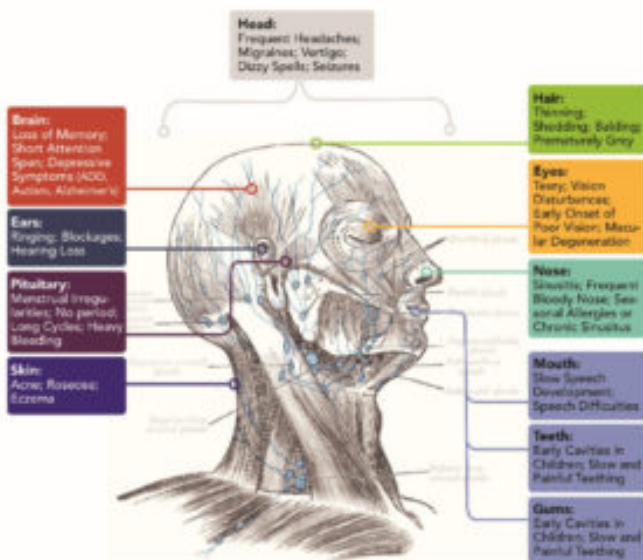
- Your fertility is linked to your immunity and factors that support or deter your immunity do the same for your fertility
- There are natural proven methods that can both improve your immunity as well as your fertility

## **Organs Needing Protection**

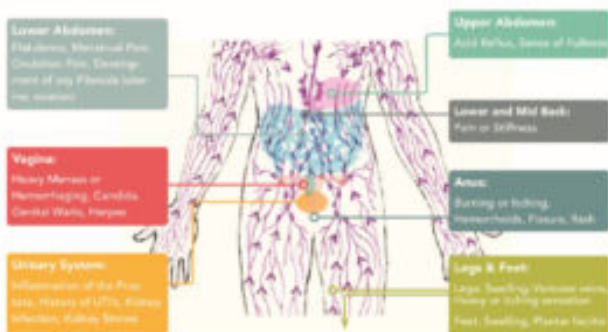
When we think of fertility in men we tend to think of sperm

but there are actually glands at the opposite end of the body that are as vital. These are the hypothalamus and anterior pituitary gland. These two glands release the hormones that trigger healthy production of sperm. The health and function of these glands has a lot to do with the circulatory and lymphatic system. When the circulatory system and lymphatic systems are slow or stagnant, states of acidosis occur deteriorated glands and organ tissue. How well have these systems performed to remove wastes over your lifetime?

Below are physical symptoms that may present when states of acidosis are present in the head.



These symptoms are all associated with acidosis of the lower body, also affecting sperm quality and quantity.



## Specific Cautions for Men

So what should men of all ages avoid to protect themselves from developing states of acidosis?

- Smoking, alcohol consumption, recreational drugs
- Exposure to antibiotics and long-term use of prescription medications
- Soft drink consumption
- Overwork
- Direct exposure to electromagnetic fields (particularly mobile phones kept in pockets or used without a headset and laptops in laps)
- Toiletry products (which provide an estrogen effect)
- Consumption of estrogen treated animal products (chicken, dairy, soy)

### **How Gemmotherapy Protocols Help Fertility In Men**

Gemmotherapy protocols begin by shifting the pH balance of the male body overall, creating an alkaline state to enhance fertility. The protocols are selected by accessing the state of elimination, vitality, and inflammation then combined with a plant based diet in order to optimize elimination. The ability of the body to clean optimally enhances the function of the male fertility support organ/ systems mentioned above.

Important to note is that Gemmotherapy protocols will clean, fortify, and restore rather than pushing weak organ systems to perform. Due to this unique action, fertility is addressed at its root. In this series, I will go into further detail on these protocols and how they benefit all wishing to improve their fertility.

New to Gemmotherapy? Check out my Beginners Guide. If you would like to learn how to begin Restoring your own Immunity with Gemmotherapy, consider ordering my latest book. Would you like a more personalized approach? Contact one of my advanced interns for a consultation.